

Chapter 11

Climbing Drills

Climbing is an essential soldiering skill, requiring the strength, endurance and mobility necessary for body management competence. The ability to climb and negotiate obstacles instills confidence and positive motivation.

SECTION I – DEVELOPMENTAL EXERCISES FOR CLIMBING

11-1. Success in climbing and surmounting obstacles depends on both conditioning and technique. This chapter will include many exercises that will condition the muscles and skeletal structures of the body that are predominant in climbing. Specific techniques of obstacle negotiation are covered in Chapter 15. The entire body is involved during climbing, by helping to change or stabilize position. The hands and feet act as anchor points and initiate movement to the next position. The abdominal and back muscles stabilize the body's position. The arms push and pull upward with assistance from your much stronger legs. The Climbing Drills are sequences of exercises that emphasize use of those muscles employed in climbing. The strength, endurance and mobility gained from performing Calisthenic, Dumbbell and Movement Drills provide a strong foundation and compliment the performance of Climbing Drills to develop excellent body management competency.

SECTION II – CLIMBING DRILLS

11-2. Perform Calisthenic Drill 1 to prepare for Climbing Drills. Climbing Drills may be performed as a single PRT activity or used to compliment Calisthenic and Dumbbell Drills. Climbing Drills lose much of their value unless performed exactly as prescribed.

LEADERSHIP

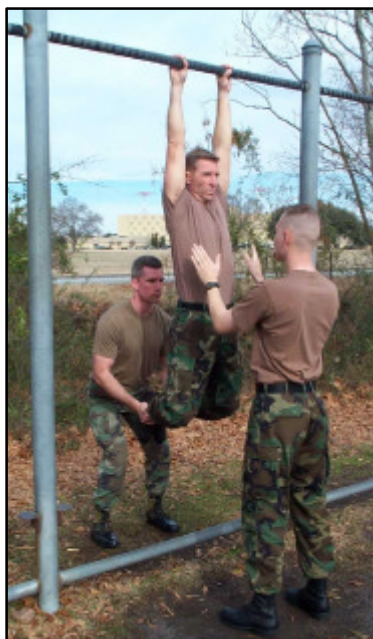
11-3. Considerable time and effort must be expended during the early stages to teach exercises and spotting properly to all soldiers. A primary instructor is required to demonstrate and lead. The instructor must be familiar with the method of teaching these exercises, spotting techniques and utilization of assistant instructors. Soldiers should memorize the exercises by name and movement.

HIGH BAR

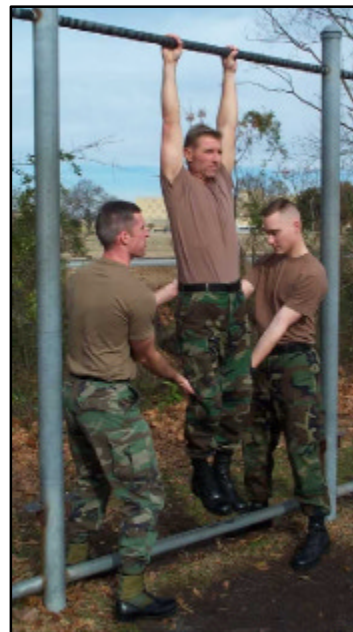
11-4. Each exercise in the Climbing Drills must be performed with precision, using preferably a one-inch diameter high bar (the diameter of the bar should not exceed 2 inches). The bar should be at least four feet in length and not more than eight feet off the ground. A variety of heights and/or steps should be available to accommodate shorter soldiers.

SPOTTING

11-5. Spotters are used to ensure precision and safety by assisting the soldiers when fatigued or unable to properly execute the desired number of repetitions on their own. Two spotters should assist soldiers though each exercise. As soldiers become more proficient in each exercise, they will need less assistance and eventually may be able to perform the drill unassisted. Even highly proficient soldiers should use at least one spotter while performing climbing drills. Refer to Figure 10-1 for proper spotting positions and techniques.



Front/Rear



Sides

Figure10-1 Spotting

HAND POSITIONS

11-6. A variety of hand positions are employed throughout the drills to thoroughly train the musculature of the arms, forearms and hands (refer to Figure 10-2).



Overhand Grip Regular



Overhand Grip Wide-hand



Underhand Grip Regular



Underhand Grip Close-hand



Alternating Grip Left



Alternating Grip Right

Figure 10-2 Hand Positions

STARTING DOSAGE AND PROGRESSION

11-7. Five repetitions for each exercise is generally appropriate while learning the exercises. Precision should never be compromised to quantity. Once you have learned proper exercise and spotting techniques, perform 10 repetitions, using spotters to assist in performing each exercise correctly. As you improve, you may be able to perform the exercises with little or no assistance from the spotters. However, spotters should always be present to ensure safety and proper exercise execution.

SECTION III – CLIMBING DRILL 1

11-8. [Climbing Drill 1 introduction]

Climbing Drill 1, Exercise 1

The Shoulder Pull-up

Purpose: This exercise develops the ability to initiate the pull-up motion by isolating the muscles of the shoulder and upper back.

Starting Position: Extended hang using the overhand grip, regular.

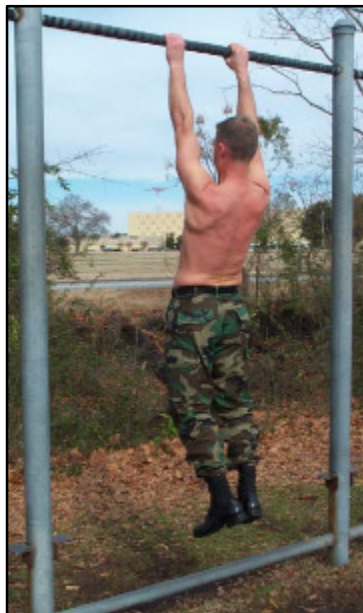
Cadence: Moderate

Count:

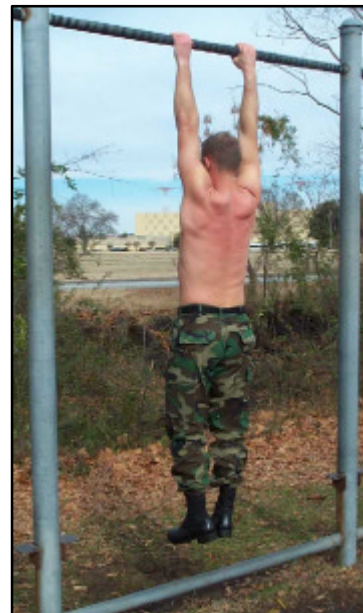
1. Keeping your arms straight, pull upward with your shoulders and upper back muscles.
2. Return to the starting position.



Starting Position



Count 1



Count 2

Check Points:

- ❑ From the starting position and throughout the exercise, ensure that soldiers have their hips set, abdominals tight, and their arms and legs fully extended. Spotters will help as needed to minimize swinging and stabilize body position.
- ❑ Perform Count 1 in a controlled manner. Do not jerk into or out of this position.

Climbing Drill 1, Exercise 2

Alternating Knee Lift

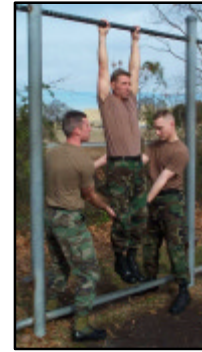
Purpose: This exercise develops the ability to raise your legs while hanging.

Starting Position: Extended hang using the overhand grip, regular.

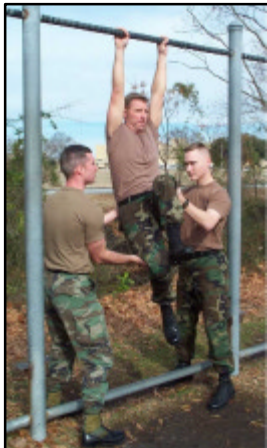
Cadence: Moderate

Count:

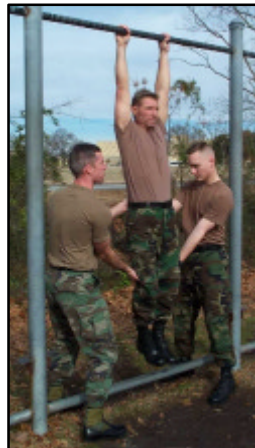
1. Keeping the arms straight, lift your left knee upward and toward the right shoulder.
2. Return to the starting position.
3. Repeat count one raising your right knee upward and toward the left shoulder.
4. Return to the starting position.



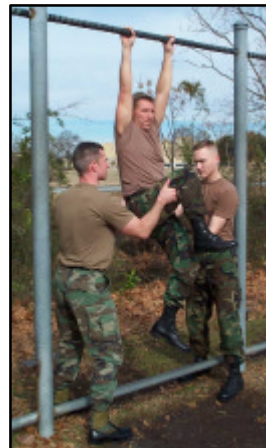
Starting Position



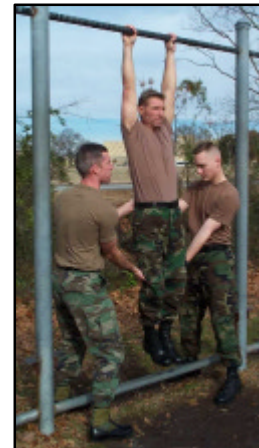
Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ From the starting position and throughout the exercise, spotters will help as needed to minimize swinging and stabilize body position.
- ❑ Perform counts 1 and 3 in a controlled manner. Do not jerk into or out of these positions.

Climbing Drill 1, Exercise 3

The Pull-up

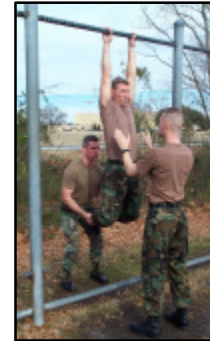
Purpose: This exercise develops the ability to pull your body upward while hanging.

Starting Position: Extended hang using the overhand grip, regular.

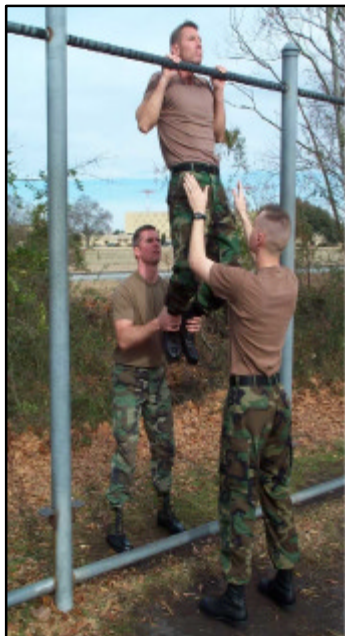
Cadence: Moderate

Count

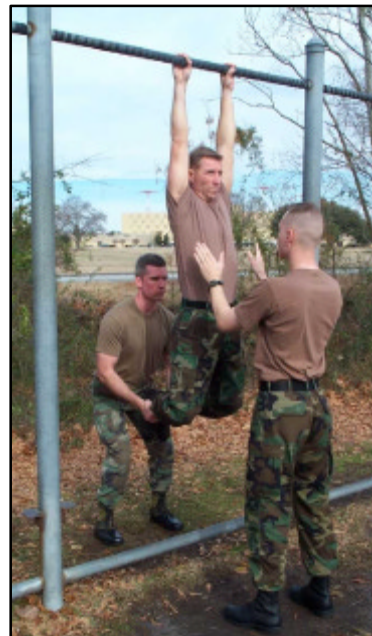
1. Keeping your body straight, pull upward until your chin is above the bar.
2. Return to the starting position.



Starting Position



Count 1



Count 2

Check Points:

- ❑ From the starting position and throughout the exercise, spotters will help as needed to minimize swinging and stabilize body position.
- ❑ Perform count 1 in a controlled manner. Do not jerk into or out of this position.

Climbing Drill 1, Exercise 4

The Curl-up

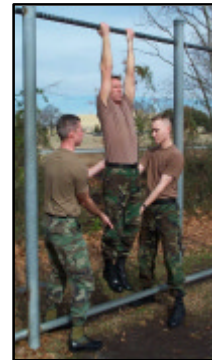
Purpose: This exercise develops the ability to tuck your knees and raise your body while hanging.

Starting Position: Extended hang using the underhand grip, regular.

Cadence: Moderate

Count:

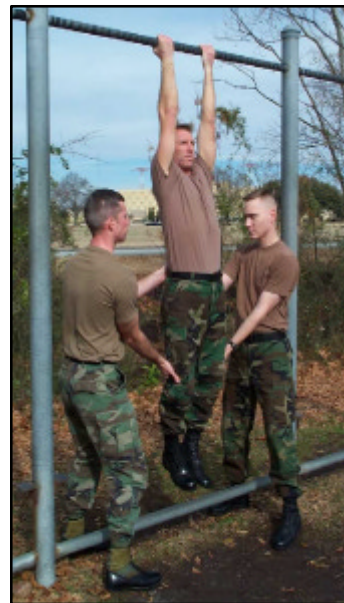
1. Keeping your body straight, pull your knees toward your chest and curl your back and buttocks upward toward the bar.
2. Return to the starting position.



Starting Position



Count 1



Count 2

Check Points:

- ❑ From the starting position and throughout the exercise, spotters will help as needed to minimize swinging and stabilize body position.
- ❑ Perform counts 1 and 3 in a controlled manner. Do not jerk into or out of these positions.

Climbing Drill 1, Exercise 5

The Negative Pull-up

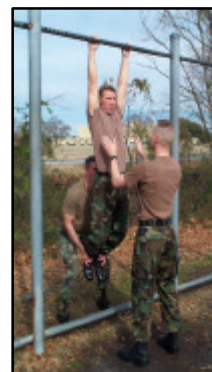
Purpose: This exercise develops the muscles used to pull your body upward by concentrating on the “negative phase” or slow, controlled lowering of the body.

Starting Position: Extended hang using the overhand grip, regular.

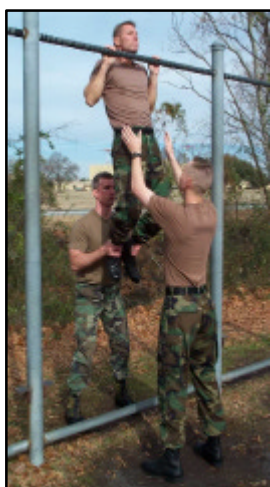
Cadence: Moderate (1-count up and 3-count to return to starting position)

Count:

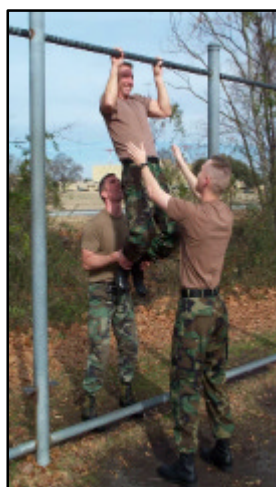
1. Keeping your body straight, pull upward until your chin is above the bar.
2. Slowly lower your body through count 2 ($\frac{1}{4}$ to $\frac{1}{2}$ of way down).
3. Slowly lower your body through count 3 ($\frac{1}{2}$ to $\frac{3}{4}$ of way down).
4. Return to the starting position.



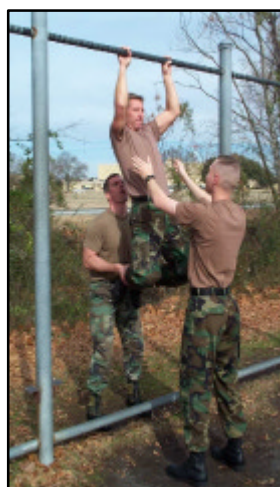
Starting Position



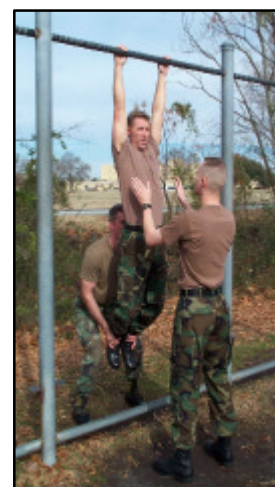
Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ From the starting position and throughout the exercise, spotters will help as needed to minimize swinging and stabilize body position.
- ❑ Perform count 1 in a controlled manner. Do not jerk into or out of this position.
- ❑ Spotters will assist, as needed throughout the exercise.

Climbing Drill 1, Exercise 6

The Flexed-arm Hang

Purpose: This exercise develops the muscles used to grip and maintain hand position on the bar.

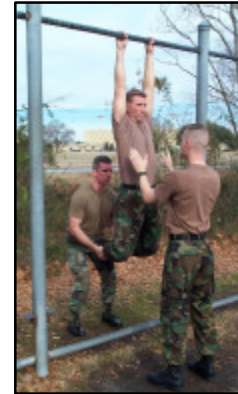
Starting Position: Extended hang using the overhand grip, regular.

Cadence: Perform one 2-count repetition to time.

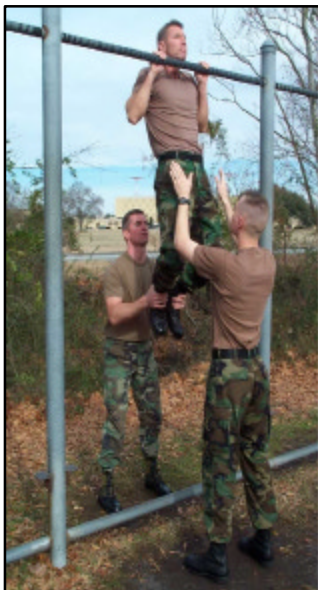
Count:

1. Keeping your body straight, pull upward until your chin is above the bar.
2. Hold the position attained in count 1 for 10 seconds*, then return to the starting position.

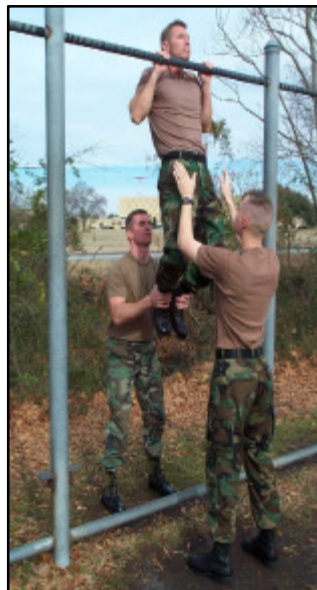
* Start at 5 seconds and progress to 10 seconds.



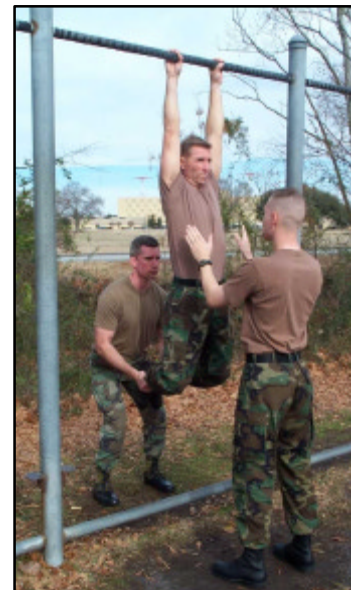
Starting Position



Count 1



Count 2



Check Points:

- ☐ From the starting position and throughout the exercise, spotters will help as needed to minimize swinging and stabilize body position.
- ☐ Perform count 1 in a controlled manner. Do not jerk into or out of this position.
- ☐ Spotters will assist, as needed throughout the exercise.

SECTION IV – CLIMBING DRILL 2

11-9. [Climbing Drill 2 introduction]

Climbing Drill 2, Exercise 1

The Wide-hand Pull-up

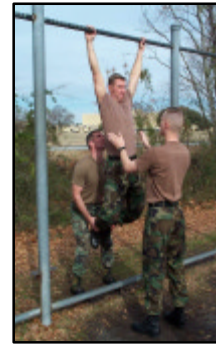
Purpose: This exercise develops the muscles used to pull your body upward with your arms and hands positioned wide apart.

Starting Position: Extended hang using the overhand grip, wide-hand.

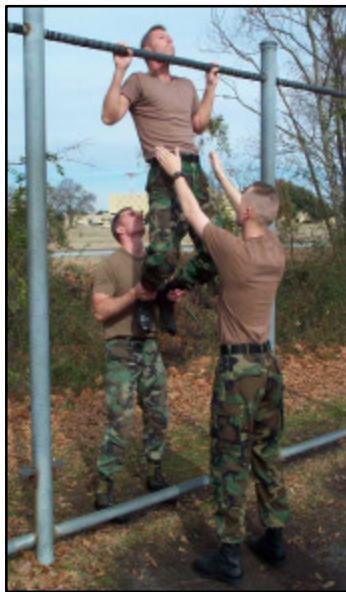
Cadence: Moderate

Count:

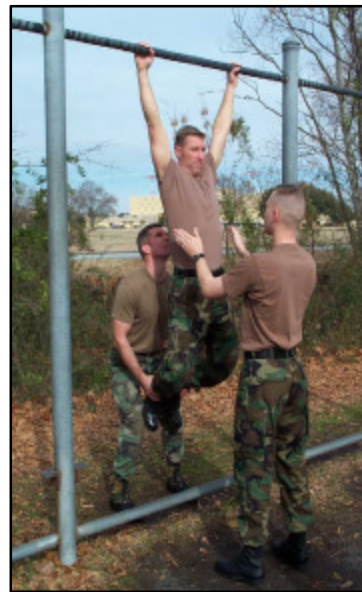
1. Keeping your body straight, pull upward until your chin is above the bar.
2. Return to the starting position.



Starting Position



Count 1



Count 2

Check Points:

- ☐ From the starting position and throughout the exercise, spotters will help as needed to minimize swinging and stabilize body position.
- ☐ Perform count 1 in a controlled manner. Do not jerk into or out of this position.

Climbing Drill 2, Exercise 2

The Pike-up

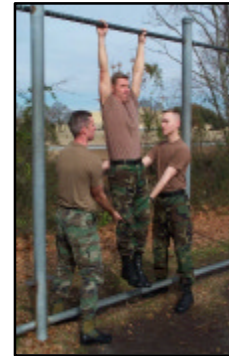
Purpose: This exercise develops the ability to raise your legs while hanging.

Starting Position: Extended hang using the underhand grip, regular.

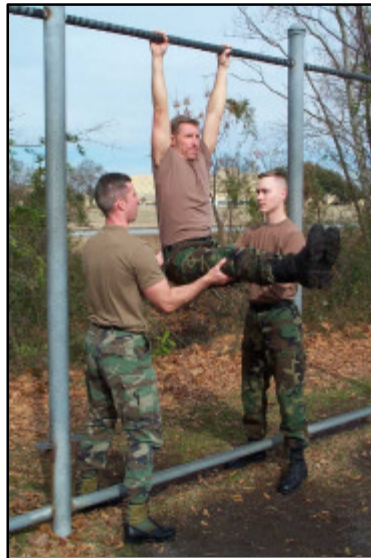
Cadence: Moderate

Count:

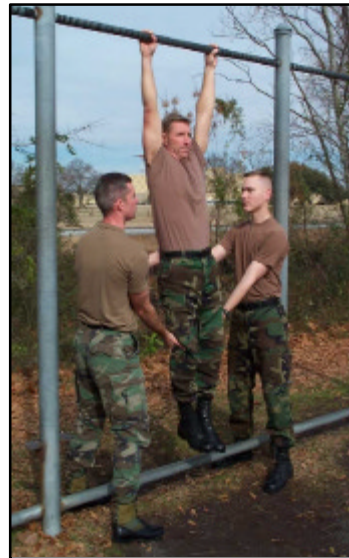
1. Keeping your body straight, legs extended and feet together, lift your legs until they are parallel to the ground.
2. Return to the starting position.



Starting Position



Count 1



Count 2

Check Points:

- ❑ From the starting position and throughout the exercise, spotters will help as needed to minimize swinging and stabilize body position.
- ❑ Perform counts 1 and 2 in a controlled manner. Do not jerk into or out of these positions.

Climbing Drill 2, Exercise 3

The Close-hand Pull-up

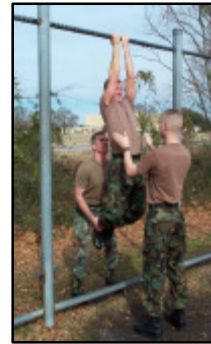
Purpose: This exercise develops the muscles used to pull your body upward with your arms and hands positioned close together.

Starting Position: Extended hang, using the underhand grip, close-hand.

Cadence: Moderate

Count:

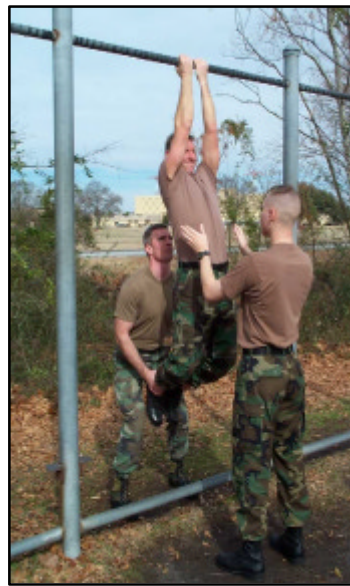
1. Keeping your body straight, pull upward until your chin is above the bar.
2. Return to the starting position.



Starting Position



Count 1



Count 2

Check Points:

- ❑ From the starting position and throughout the exercise, spotters will help as needed to minimize swinging and stabilize body position.
- ❑ Perform count 1 in a controlled manner. Do not jerk into or out of this position.

Climbing Drill 2, Exercise 4

The Heel Hook

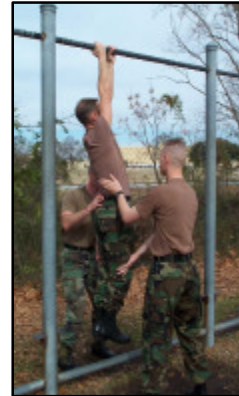
Purpose: This exercise develops the ability to raise your legs from a hanging position and hook your feet securely on the object from which you are hanging.

Starting Position: Extended hang using the alternating grip (left or right).

Cadence: Moderate

Count:

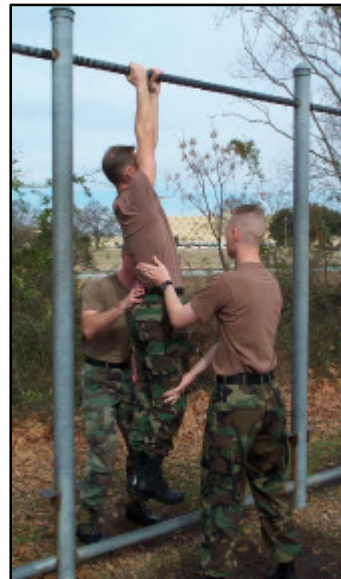
1. Pull your knees toward your chest, raise your feet above the bar and interlock them securely around the bar.
2. Return to the starting position.



Starting Position



Count 1



Count 2

Check Points:

- ❑ From the starting position and throughout the exercise, spotters will help as needed to minimize swinging and stabilize body position.
- ❑ Perform counts 1 and 3 in a controlled manner. Do not jerk into or out of these positions.

Climbing Drill 2, Exercise 5

The Alternating Grip Pull-up

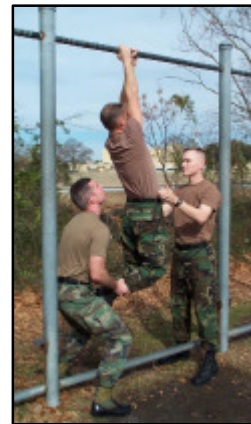
Purpose: This exercise develops the muscles used to pull your body upward with your arms and hands positioned close together using and alternating grip.

Starting Position: Extended hang, using the alternating grip (left or right).

Cadence: Moderate

Count:

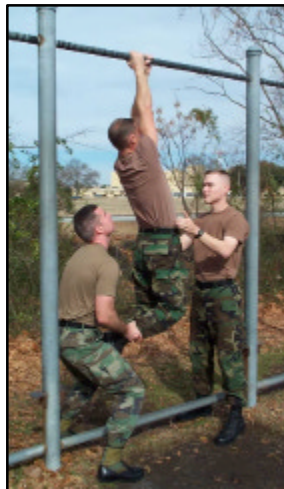
1. Keeping your body straight, pull upward to the left until your chin is above the bar.
2. Return to the starting position.
3. Keeping your body straight, pull upward to the right until your chin is above the bar.
4. Return to the starting position.



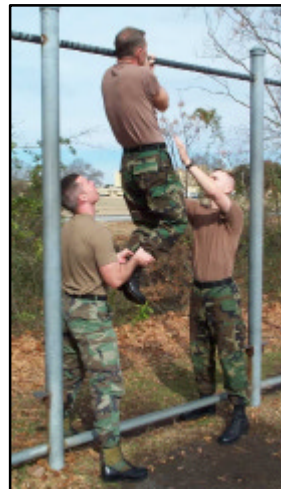
Starting Position



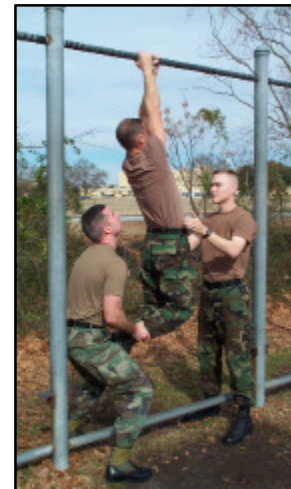
Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ From the starting position and throughout the exercise, spotters will help as needed to minimize swinging and stabilize body position.
- ❑ Perform count 1 in a controlled manner. Do not jerk into or out of this position.

Climbing Drill 2, Exercise 6

Heel Hook Pull-up

Purpose: This exercise develops the ability to raise your body while hanging in the heel hook position.

Starting Position: Hang from the heel hook position, with your arms fully extended.

Cadence: Moderate

Count:

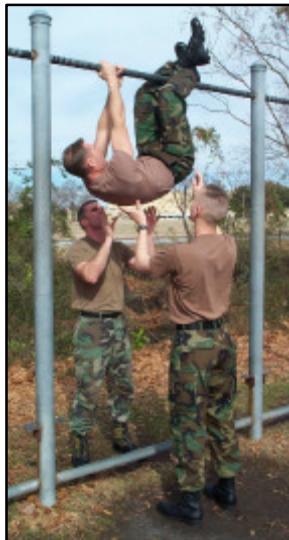
1. Pull upward, raising your head above the left side of the bar.
2. Return to the starting position.
3. Perform count one to the right side.
4. Return to the starting position.



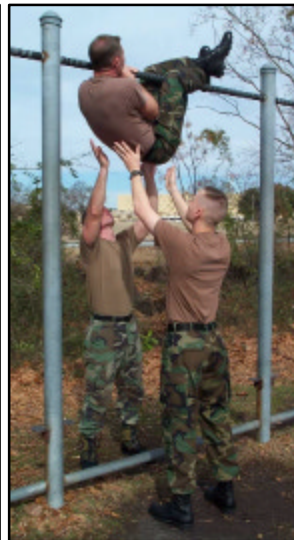
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ From the starting position and throughout the exercise, spotters will help as needed to minimize swinging and stabilize body position.
- ❑ Perform counts 1 and 3 in a controlled manner. Do not jerk into or out of these positions.